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THE CANADIAN PRESS

Two-year-old tiger Vitali looks out from Calgary Zoo enclosure.

Tiger 'went tiger' on two zoo intruders

CALGARY As comedian Chris Rock once said, "That tiger didn't go crazy; that tiger went tiger."

Calgary Zoo Eurasia curator Tim Sinclair-Smith said two-year-old tiger Vitali was instinctively defending his lair when an afterhour's intruder approached his enclosure.

Police believe two men broke into the zoo at 1 a.m. yesterday morning by scaling a 2 ½ -metre high fence topped with barbed wire and one of the men jumped the outer 42-inch fence designed to keep people away when he was presumably clawed and bitten by Vitali.

Charges are expected against the two 27-year-old men, including the man who remains in hospital with serious injuries.

KRYSTA SYLVESTER/METRO CANADA

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On The Plaza **Canucks home opener**

KRISTEN THOMPSON/METRO VANCOUVER

Canucks fans, from left, George Kita, Sachi Kita, Megumi Sasaki and Steve Shibata, show pride in their team at the Party On The Plaza outside GM Place yesterday, ahead of the Canucks' home opener against the Columbus Blue Jackets. **Game coverage, page 13.**

Bacon brother's time in 'hole' cruel: Lawyer

Rights violated of man charged in Surrey Six deaths, says defence

JEFF HODSON
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Accused murderer Jamie Bacon risks suffering "grave psychological harm" by being held in solitary confinement through his upcoming murder trial, Bacon's lawyer said yesterday.

Bacon, one of four charged in the October 2007 Surrey Six slayings, appeared in B.C. Supreme Court yesterday, arguing that being held in solitary violates his charter rights.

"Solitary confinement has been recognized as cruel and unusual punishment and in fact torture," said Kimberly Eldred, Bacon's lawyer.

The 24-year-old has already spent six months in solitary confinement in the Surrey Pre-Trial Centre and could be in custody for up to four years before his murder trial wraps up.

Eileen Mohan, whose son Chris was among those murdered, said the proceedings were "ridiculous and uncalled for."

"You can't expect to have a vacation in the jails," Mohan said outside of court. "If you do the crime, you have to pay the price."

Bacon, who wears his hair in a close-to-the-skull buzz cut, appeared in the courtroom dressed in his red XXXL-sized prison garb.

He has apparently lost about 15 pounds and he had to change out of the suit his parents brought for him because it was too big on him. His parents and brothers watched from the gallery.

For the first six weeks following his arrest, Bacon was held in "hard segregation" in a two-by-three metre cell, Eldred told Justice Mark McEwan.

"It's the hole," she said. "It's what you see in movies. It's where you put individuals you are punishing for short periods of time."

The cell had blood, mucous and feces smeared on the wall and Bacon was unable to clean it properly with the vinegar and paper towels he was given. There was no light switch, no pillow nor laundry. A video camera recorded him using the toilet.

Food was passed through a slot in the door and the remains were left in the room until he was allowed out of the room to shower for one hour a day. He had to share nail clippers with inmates who had HIV and hepatitis C. And he could hear mentally disturbed inmates screaming and kicking on cell doors all day.

Bacon has since been transferred to medical isolation, where he has a larger cell, which has a shower and radio.

Murder trial

- The Surrey Six trial will have more than one million pages of disclosure documents and will begin pre-trial motions in February 2011.
- Jamie Bacon is allegedly one of the leaders of the Red Scorpions gang.

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RCMP officer arrested for impaired driving

KRISTEN THOMPSON
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BREATHALZYER An RCMP constable has been arrested for impaired driving after a car hit a cement barrier at the foot of the Ironworkers Memorial Bridge, sending two passengers to hospital.

The officer, who works at the RCMP's Vancouver headquarters, was off-duty around 4:20 a.m. on Saturday when the car crash occurred, Police Const. Lindsey Houghton said yesterday.

Officers were called to the scene and gave the driver a breathalyzer test, which he failed.

"We treat this case fairly seriously," said Houghton. "Police … are held to a higher standard and we never like to hear about these types of things."

RCMP Sgt. Tim Shields said the officer received a 24-hour suspension and a 90-day administrative driving prohibition, and has been temporarily placed on administrative duties.

His name will be released when Crown approves charges.

The man is the fifth Lower Mainland RCMP officer to face charges of drunk driving in two years.

On Sept. 25, an officer from Coquitlam was charged with impaired driving after being stopped by members of his own detachment.

Last November, Cpl. Benjamin Robinson — one of the four officers involved in Robert Dziekanski's Tasering at Vancouver's airport — was arrested for drunk driving after he hit and killed a 21-year-old motorcyclist in Delta.

In late 2007, Cpl. Darren Baker and Const. Kulwant Singh Malhi were charged with impaired driving in West Vancouver and Richmond respectively.

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Local

Olympic jobs up for grabs at fair

Tomorrow's YWCA Hiring Fair will have a special focus on the 2010 Vancouver Winter Olympics. Of the more than 20 companies participating, over half a dozen are looking to fill hundreds of Olympic positions — from ticket sellers to cleaning, catering and security staff. Find more information at ywcajobseeker.org/careerzone.

METRO VANCOUVER

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Murder suspect left suicide note: Police

JENKINS A suicide note was found on Ryan Jenkins' computer, according to the Buena Park Police Department.

Gossip website tmz.com is reporting that the letter was written three days before his suicide. In it, Jenkins apologizes to family and friends for the pain he caused them, but does not admit to killing his ex-wife, Jasmine Fiore. He does, however, blame her for the situation he was in.

Jenkins, who was found dead in a Hope, B.C., motel, is the only suspect in the murder.

METRO NEWS SERVICES

Lawyer faults RCMP

Tasering was excessive, maybe planned, inquiry told

At best, the four RCMP officers who confronted Robert Dziekanski at Vancouver's airport and stunned him several times with a Taser panicked, the lawyer for Robert Dziekanski's mother told the public inquiry into his death yesterday.

At worst, they arrived with a plan to use what amounted to excessive force, Walter Kosteckyj said in his final submission to the inquiry.

"There is at least evidence that there had been some premeditation, some discussion, some determination made," Kosteckyj said to inquiry commissioner Thomas Braidwood.

All four officers insisted they never talked about their response before arriving and only used the Taser once Dziekanski picked up a stapler.

Their testimony and their earlier statements to investigators were marked with inconsistencies, which Kosteckyj highlighted yesterday.

He said the similarities of their accounts suggest the officers worked to get their stories straight and cover up their mistakes.

Braidwood will have to assess the officers' conduct, and has already told the Mounties that he's considering whether to make findings of misconduct.

The officers, however, have argued that a provincial inquiry has no jurisdiction to make such findings over officers on the federal force.

Kosteckyj said that attitude shows the need for the B.C. government to cut its contracts with the RCMP for local and provincial policing and instead set up a provincial force.

THE CANADIAN PRESS

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Richmond 2010 relief map

DARRYL DYCK/THE CANADIAN PRESS

The Challenger Relief Map of British Columbia on display in Richmond yesterday. The relief map, which is the world's largest, shows visitors the magnitude of the area that will be secured during the Winter Games. It was created by a B.C. lumberman who spent seven years cutting nearly a million pieces of wood.

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Doctors to be paid for phone flu diagnoses

Flu Outbreak

HEALTH Doctors in British Columbia will be paid to diagnose swine flu over the phone.

As health officials brace for a resurgence of the H1N1 virus, the province and the B.C. Medical Association have come to an agreement on two new, temporary fee codes.

Doctors will receive a $14.74 payment for telephone advice regarding the highly contagious virus and a $31.15 fee for office visits.

The new office-visit fee is the same as the regular fee for office visits, but it won't be subject to current provincial rules limiting doctors to seeing about 50 patients daily.

Provincial health officer Dr. Perry Kendall says both new codes offer increased access to care and the option of telephone advice is a sensible alternative to having swine-flu patients visit a doctor's office.

Family physicians and specialists have been able to make claims for H1N1 telephone advice since Oct. 1, but the office-visit fee code won't be enacted until Kendall advises that swine-flu cases have outstripped seasonal flu cases.

THE CANADIAN PRESS

News in brief

INJURIES Two people were seriously injured and air-lifted to hospital in Vancouver after an industrial accident in Whistler yesterday, news1130.com reports. Witnesses said some equipment came into contact with a power line near the Whistler Golf Club driving range, cutting power to nearly the entire town.

DEATH A 27-year-old motorcyclist has died in Langley after being hit by an 83-year-old man who was backing out of a driveway in a van. Police say the motorcyclist may have been speeding.

MISSING Vancouver police are asking for the public's help finding a missing 18-year-old woman. Angela Trang Le was last seen on Saturday morning walking near Kamloops and East Hastings streets.

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Mixed reaction to Emery extradition: Poll
Canadians are divided on the extradition of Vancouver marijuana activist Marc Emery to the U.S., according to an Angus Reid survey released yesterday. The poll found that 46 per cent of Canadians agreed with extraditing Emery, but 45 per cent felt his five-year sentence was too harsh. METRO NEWS SERVICES

Different views of the city

Building height limits debated by builders, city planners

DEREK MOSCATO
for Metro Vancouver

Easing restrictions on building heights in Vancouver's downtown core would create a more dynamic skyline, but some detractors believe that tampering with the city's existing view cones policy — and ultimately the vistas of the North Shore mountains they protect — is too high a price to pay.

The issue was debated at Simon Fraser University last night. Former Vancouver city planning director Larry Beasley, arguing in favour of the city's existing policy, faced off against local architect Richard Henriquez.

The event highlighted the ongoing dialogue generated by the city's Downtown Capacity and View Corridors Study, which is reviewing the height limits and view corridor policies.

"It's fair to say in general that the public input has reconfirmed the importance of public views to our livability and sense of place as a city," said Brent Toderian, director of planning with the City of Vancouver, who also presented at the event.

View guidelines were established in the city 20 years ago to protect views of the North Shore mountains from various vantage points south of the downtown peninsula.

Proponents of the change argue that easing restrictions would create more development opportunity, which in turn would fund more civic infrastructure, from parks and affordable housing to heritage revitalization.

"On the one hand we'd be hard pressed to design buildings as beautiful as our setting," said Toderian.

"(While) we'd like to see opportunities for great architectural expression within the skyline … the key message is that this should be done not at the expense of our connection to the setting. Our setting is our greatest strength, and we have the opportunity to layer on great architecture on top of that."

VANCOUVER.CA

Grouse Mountain can be seen above the Vancouver skyline from the Cambie Street Bridge. The selected area has been a protected viewpoint since Dec. 12, 1989.

Have a say

- The city is hosting a second round of open houses this October. City council will vote on any recommendations from the study later this year.

Non-Games ski resorts seeing rise in bookings

VANCOUVER 2010 Games

TOURISM Several B.C. ski resorts not taking part in the 2010 Winter Games say their bookings have increased for before and during the Olympics.

It's a double-digit benefit for the ski mountains of Big White and Silver Star in the Okanagan.

"We're seeing it in increased Christmas bookings; February inquiries are way up," said Michael Ballingall, senior vice-president of both mountain resorts.

He said thousands of skiers who usually go to Whistler to ski every day are going somewhere else because of the Olympics.

Dave Brownlie, president and CEO at Whistler Blackcomb, agreed ticket sales are down, but he doesn't begrudge the benefit for other resorts.

"It's not about the 17 days, it's about the 17 years afterwards," Brownlie said, pointing to the infrastructure improvements and long-term publicity the Olympics will generate. THE CANADIAN PRESS

News in brief

CAUSEWAY PROTEST A protester caused traffic chaos in Stanley Park after climbing on to Park Drive Bridge and hanging over the Stanley Park Causeway. North Shore-bound drivers were backed up along Georgia Street until late in the afternoon. It's not clear what the man was protesting.

AUTO A Surrey dealership lost its licence to resell cars after selling an unsafe 2005 Toyota Prius and telling the buyer it was roadworthy. Crown Auto Body and Auto Sales Ltd. was also fined $20,000 and ordered to make full restitution of the purchase price, which came to $17,000.

SHOOTING A Surrey man pleaded guilty in court yesterday to manslaughter in the death of his wife and aggravated assault against his daughter, news1130.com reports. Paul Sandhu was accused of shooting his wife, Manjit, and daughter Sabrina in their home last summer during a domestic dispute.

ARREST A man was arrested in Port Moody and charged with attempted murder in connection with a domestic dispute yesterday, cknw.com reports. A woman was found with stab wounds and taken to hospital in stable condition.

GOVERNMENT B.C. is replacing its highest-ranking civil servant after Jessica McDonald quit as head of B.C. Public Service. She will be replaced by Allan Seckel.

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Study finds link between bisphenol A, hyperactive behaviour in kids
Pregnant women exposed to bisphenol A, a common chemical found in plastics, are more likely to have daughters with aggressive and hyperactive behaviours, according to a new study that included a senior scientist from Simon Fraser University. THE CANADIAN PRESS

B.C. puts cork in wines with foreign grapes

Wines made from foreign grapes will be moved out of the B.C. products section in government-run liquor stores, Agriculture Minister Steve Thomson says.

New selling regulations for the stores are an attempt to ensure customers know which wines are produced using only B.C.-grown grapes, and which involve foreign content.

"They're going to change the display areas in the stores," Thomson said.

Kelowna-area winemakers who use only B.C.-grown grapes applauded the pending re-organization of the liquor store layouts, saying it was important for customers to be able to clearly identify domestic products.

"Tell people where the wines are really from — that's the bottom line."
Steve Dale, Rollingdale Winery owner

"It's about time," said Steve Dale, winemaker and proprietor of Rollingdale Winery in West Kelowna. "Tell people where the wines are really from — that's the bottom line."

"I'm happy to see this clarification," said Andy Gebert of St. Hubertus Winery. "For consumers it's been something of a confusing situation."

For years, several large companies have produced inexpensive wines made partly or completely from foreign grapes. As long as the production is done in B.C., the wines can carry the label "Cellared in B.C." THE CANADIAN PRESS

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Chen to appear in first film since photo scandal

SHOWBIZ Edison Chen will appear in his first movie since his career was derailed by a sex photo scandal more than a year ago.

The 28-year-old Chinese-Canadian actor-singer from Vancouver will feature in the English-language comedy, Almost Perfect, which stars Kelly Hu, according to the website of New York-based production company Slew Pictures.

The film tells the story of an Asian woman who juggles the competing needs of her new boyfriend and her immediate family.

Edison Chen

Photos that were leaked onto the Internet early last year showed Chen performing sex acts separately with eight female Hong Kong stars. The photos caused an uproar and forced the stars to suspend their careers.

A Hong Kong computer technician was sentenced to 8 1/2 months in jail in May for copying the photos from Chen's laptop. THE CANADIAN PRESS

News in brief

PIPE RUPTURE Pipeline owner Kinder Morgan says it will vigorously defend itself against environmental charges stemming from a 2007 rupture of its pipeline that spewed oil across a Burnaby neighbourhood.

HEALTH A team of UBC microbiologists has identified a key defence mechanism used by the immune system against Listeria with strong implications for the future development of vaccines. Listeria is the bacteria that caused 22 deaths in Canada in an August 2008 outbreak in meat products by Maple Leaf Foods.

GANGS The city of Vernon has banned gang colours from city facilities. Violators will be asked to remove any article of clothing that violates the new rules. METRO NEWS SERVICES

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No more layoffs at CBC, boss says

The head of the CBC has declared an end to a round of job cuts at the public broadcaster, saying yesterday that his network won't lay off more than the 800 people cut from its English- and French-language services earlier this year. THE CANADIAN PRESS

Canada

NDP backs random breathalyzers

The opposition New Democrats say they'd support efforts to craft a new law to curb impaired driving by giving police the power to conduct random breathalyzer tests. The group Mothers Against Drunk Driving says the federal government is considering such tests. The House of Commons justice committee recommended in June that the law be changed to allow for random testing of drivers, regardless of whether police suspect they have been drinking. THE CANADIAN PRESS

Quebec **Missing woman**

PAUL CHIASSON/THE CANADIAN PRESS

Michel Trottier, boyfriend of Natasha Cournoyer, who disappeared Thursday evening after work, stands near the command post set up to search for the missing Corrections Canada worker yesterday in Laval, Que.

Prior porn allegations made against Lahey

The Roman Catholic Church says an allegation made two decades ago about a bishop who is facing child pornography charges was passed on to the archbishop of St. John's, N.L., at the time.

In a statement released yesterday, Archbishop Martin Currie of St. John's says a review shows Rev. Kevin Molloy did have a conversation with Shane Earle about what he asserts he saw when he was a teenager in the home of Raymond Lahey, who was a priest in the 1980s in the St. John's area.

Raymond Lahey

Lahey recently resigned as bishop of the diocese of Antigonish in Nova Scotia, shortly before it became public that he was charged with possessing and importing child pornography in Ontario.

The statement says Molloy informed the archbishop of St. John's at the time, Alphonsus Penney, what Earle had told him. But it does not say what action, if any, was taken by the archdiocese.

During a public inquiry into abuse at Mount Cashel in October 1989, Earle — a former resident of the orphanage — testified he saw something in Lahey's home as a teenager in 1985 that disturbed him.

Earle has told the CBC he saw child pornography, but in an interview Molloy says Earle told him in the late 1980s only that he saw pornography.

"Shane told me that he was shocked to have witnessed there, to have seen there, pornography," Molloy said in an interview from Florida. "I just simply got the word pornography from him."

THE CANADIAN PRESS

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Stelmach may have helped protesters

GREENPEACE Remarks by Alberta Premier Ed Stelmach may provide a defence for the very Greenpeace protesters he says he'd like to see treated more harshly.

Stelmach said on the weekend that those who have blocked activities at oilsands facilities to bring attention to climate change are being coddled. He also suggested he would work with legal officials to find ways to stop them.

Lawyers and legal experts say those comments leave the impression of political interference in the courts, which could give the activists a potent argument when they appear before a judge Nov. 4.

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Search for quake survivors called off
The search for survivors under the debris of thousands of buildings toppled by earthquakes in Indonesia last week has been called off. The death toll from last Wednesday's tremor in Sumatra is expected to rise once the missing are accounted for. The UN has said 1,100 people died. THE ASSOCIATED PRESS

World

Group says Shroud of Turin a fake

A group of Italian debunkers is claiming it has proved that the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — was man-made. The Italian Committee for Checking Claims on the Paranormal said yesterday that scientists have reproduced the shroud using materials and methods that were available in the 14th century. The group said in a statement this is further evidence the shroud is a medieval forgery. In 1988, scientists used radiocarbon dating to determine it was made in the 13th or 14th century. THE ASSOCIATED PRESS

Belgium **Milk price crisis**

YVES LOGGHE/THE ASSOCIATED PRESS

A farmer waves a French and European Union flag during a demonstration in front of the EU headquarters in Brussels yesterday. Hundreds of dairy farmers drove tractors into Belgium's capital to push for EU farm ministers for more funds to survive a milk price crisis.

Women share a Nobel first

MEDICINE Americans Elizabeth Blackburn, Carol Greider and Jack Szostak won the 2009 Nobel Prize in medicine yesterday for discovering a key mechanism in the genetic operations of cells, an insight that has inspired new lines of research into cancer.

Blackburn and Greider

It was the first time two women — Blackburn and Greider — have been among the winners of the medicine prize.

The trio solved the mystery of how chromosomes protect themselves from degrading when cells divide. Their work, done 30 years ago, set the stage for research suggesting that cancer cells use telomerase to sustain growth. Scientists are studying whether drugs that block the enzyme can fight the disease. THE ASSOCIATED PRESS

Egypt decries virginity kit

Conservative Egyptian lawmakers have called for a ban on imports of a Chinese-made kit meant to help women fake their virginity and one scholar has even called for the "exile" of anyone who imports or uses it.

The Artificial Virginity Hymen kit, distributed by the Chinese company Gigimo, costs about $30. It is intended to help newly married women fool their husbands into believing they are virgins — culturally important in a conservative Middle East where sex before marriage can be considered illicit. The product leaks a blood-like substance when inserted and broken.

Egyptian religious scholar Abdel Moati Bayoumi said anyone who imports the device should be punished.

"This product encourages illicit sexual relations. Islamic culture forbids these relations except within the confines of marriage."

In a region where premarital sex is so taboo it can even lead to a woman's murder, the debate over the virginity-faking kit has revived Egypt's struggle to reconcile modern mores with traditional beliefs — namely, that a woman is not a virgin unless she bleeds after the first time.

"Bleeding is not the only signal ... she's a virgin," said Heba Kotb, an observant Muslim woman who hosts a sex talk show on TV in which she fields calls from all over the Middle East.

Kotb noted a medical procedure that reattaches a broken hymen is illegal in Egypt. But many women still secretly seek it in fear of punishment for pre-marital sex. THE ASSOCIATED PRESS

Veils off

- An Egyptian paper reports the country's top Muslim cleric plans to ban female students from wearing the face veil from schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

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News in brief

CONNECTICUT The U.S. Supreme Court refused yesterday to block the release of documents generated by lawsuits against priests in the state of Connecticut for alleged sexual abuse. The justices turned down a request by the Roman Catholic diocese in Bridgeport, Connecticut. Several newspapers are seeking the release of more than 12,000 pages from 23 lawsuits against six priests.

SENTENCE A New York City man who admitted trying to hire a hit man to kill his estranged wife and cut off her wedding-ring hand with a samurai sword has been sentenced to two to six years in prison. Rockefeller Auguste told a judge he was "deeply remorseful" as he was sentenced yesterday. He pleaded guilty to conspiracy last month. THE ASSOCIATED PRESS

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8 world

Afghan election may be nearing resolution
Afghanistan edged closer to a resolution to August's presidential vote yesterday as an official said a ruling on whether there will be a runoff is expected next week. THE ASSOCIATED PRESS

Philippines **Floodwaters slowly subsiding**

AARON FAVILA/THE ASSOCIATED PRESS

Filipino students paddle a boat on their way to school in Rizal province, Philippines, yesterday. Typhoon Parma weakened to a tropical storm that lingered off the coast, drenching northern provinces and Taiwan after killing several people and causing widespread flooding and landslides.

Suicide bomber dressed as guard

PAKISTAN A suicide bomber who killed five staffers at the UN food agency's headquarters in Pakistan was dressed as a security officer and allowed to enter the heavily guarded building after he asked to use the bathroom. The United Nations announced it was temporarily closing all its offices in Pakistan after the bombing yesterday, which blew out windows and left victims lying in pools of blood in the lobby of the three-storey World Food Program compound. "This is a heinous crime committed against those who have been working tirelessly to assist the poor," UN Secretary-General Ban Ki-moon said in Geneva. THE ASSOCIATED PRESS

Magazine bans pro models

Germany's most popular women's magazine announced yesterday that it is banning professional models from its pages in favour of "real women" in an attempt to combat an unhealthy standard of rail-thin beauty that it says has isolated its readers.

The editor-in-chief of Germany's bimonthly Brigitte told reporters that, starting next year, the magazine will feature a mix of prominent women and regular readers in photo spreads for everything from beauty to fashion to fitness. Andreas Lebert said the move is a response to readers increasingly saying that they are tired of seeing "protruding bones" from models who weigh far less than the average woman.

THE ASSOCIATED PRESS

A real look

- Fashion centres around the world have begun trying in recent years to combat the size 0 look that has come to dominate the fashion industry, contributing, some experts say, to eating disorders and poor body image.

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Comment

Prime minister hitting a high note

NationalReport

Canadian politics has seen many iconic moments, times when the prime minister shocked the flock. How about Jean Chrétien, in dark shades, looking like a mafia don, taking a protester by the scruff of the neck and heaving him aside?

How about Pierre the bannister-slider Trudeau and the infamous fuddle-duddle outburst wherein he told the members of the opposition to go forth and multiply?

Or Brian Mulroney taking to the stage with Ronald Reagan for a rousing rendition of When Irish Eyes Are Smiling?

These moments were all in keeping with the character of the perpetrator. Chrétien, a streetfighter, Mulroney, a ham, etc...

What made Stephen Harper's piano and song act Saturday night more astonishing was that it was so unlike Stephen Harper. He was seen to be a philistine, the guy who turned up his nose at chi-chi galas. His image as a brooding chess player, a leader bereft of mirth and spontaneity, was what held him back. Canadians didn't want to give a majority government to someone, no matter how competent, they did not like, could not warm to.

For years everyone has been telling Mr. Harper, "For God's sakes, lighten up." He's been well aware of the personality issue. On policy he adroitly moved his government to the moderate middle, finding a comfort zone with Canadians. On personality he knew he still had a lot of work to do.

The blue-sweater commercials in the last election campaign served to soften his image somewhat. But he soon reverted to old form. It was like he couldn't help himself, couldn't quite tame his antagonistic instincts. He needed something to jolt the image. Enter his wife, the sprightly Laureen. Hats off to her. She was the brains behind the caper at the gala.

No doubt he has changed a lot of perceptions with his gutsy performance. This clip will be shown on every Harper hi-lite reel from here to eternity. Any time someone tries to suggest this guy's a creep they'll get this image thrown back at them.

His career has seen many surprise moments — his bringing Liberal David Emerson into his cabinet, his stunning Quebec nation gambit, his entirely bizarre budget update of last fall.

But none beats this one. He still has a ways to go before he works his way into the people's hearts. But for the first time, he's within striking range.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

The new workplace is not for the elderly

ModernLife

As a freelancer sequestered in my basement for the past 12 years, the outside work world has been looking increasingly attractive. The lure of paid vacations, workplace gossip and seeing what other people are eating for lunch is strong. Until last night, I envisioned returning to a job where people my age would be joking about downsizing and vacations. I'm not sure where those people are — retirement homes, dead or golfing — but guess what? Their babies, who wouldn't sleep through the night, are running the show.

At a work-related event earlier this week, I stumbled upon the horrifying fact I was the oldest person in the room. Scanning for some sign of oldness — grey hair, no hair, wrinkles, clothes that don't show cleavage, I encountered only flawless skin and full heads of hair. Figuring these kids were with their parents or on a break from the coat check room, I soon discovered not only did they have jobs, they'd landed the good ones — ones I'd envisioned myself lolling about in with my newly acquired health benefits. Initially I asked them about their work, vacations, condos (that's where cool, young managers live) but quickly slid into my Mike Wallace grilling mode. "How old are you? I bet I'm your Mom's age, right?"

Thank God Heather Locklear's coming back to run the show.

Not quite. Two fabulous-looking women, an editor and a business manager, informed me their moms were 49 and 52. Oops — I'm even older.

When I buttonhole an arts editor about writing a story about a punk band making a comeback after 30 years, he doesn't recall their name. "How old were you 30 years ago?" I snap.

"Two." He looks sheepish.

I may still get the 'You guys are sisters, right' sales pitch from young clerks when I'm with my daughter and yes, young men take a second look, but the big question is, will they take a second look at my resumé when they notice they were born the same year I started my sixth job?

I call my old friends, and I mean old. "Is it all kids at your workplace, now?"

One, a manager, sighs, "I try to hire old people."

Another admits, "I feel like I'm their Mom."

It feels like the new Melrose Place, with all those young kids. Thank God, Heather Locklear's coming back to run the show.

I pray life will imitate art.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

MICHAEL DE ADDER

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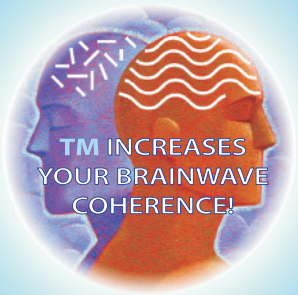

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Look to IT sector for future jobs: Survey

The future for highly skilled job growth in Canada is in the information technology sector, according to a new survey, though experts doubt the permanence of such jobs.

The country's IT industry could grow by as much as 84,000 jobs and around 1,000 new businesses over the next four years to 2013, says a survey-commissioned by Microsoft Corp. and conducted by global research firm IDC.

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"Sometimes people think IT is something that reduces jobs," said Microsoft Canada Co. president Eric Gales.

"But in absolute terms it actually is a net generator of both jobs as well as new companies."

The survey, which analyzed the IT sector in 52 countries — including Canada, the U.S., U.K., Turkey, China and Greece —predicted global growth in the industry to be around 5.8 million new jobs.

There would also be an estimated 75,000 new businesses globally, the survey said.

TORSTAR NEWS SERVICE

Business in brief

ECONOMY CIBC says small is better for Canadian businesses coping with turbulent economic times. A report from the bank says small and medium-sized firms appear to have survived the recession much better than larger rivals, with relatively few bankruptcies. The bank also says small firms are able to take advantage of the recovery. THE CANADIAN PRESS

Spin Master staying strong through recession

TOYS As the toy industry struggles through the recession, privately owned Spin Master continues to demonstrate its golden touch in developing a line-up of must-have toys.

The Toronto-based giant has consistently come up with new ideas that have transformed it into North America's third-largest toy firm and a growing children's entertainment company.

Spin Master's latest creation, the Liv doll, has just hit store shelves and is already competing with Barbie for the affection of young girls. Developed after years of studying the doll market, Liv can strike many movements and has exchangeable wigs.

THE CANADIAN PRESS

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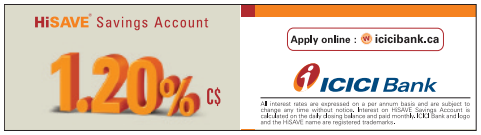
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



When less is too much

Alison's Money Rule:

• Paying the minimum on your credit cards is the financial equivalent of locking yourself in a straightjacket and throwing away the key.

If you want to get on the fast track to uncontrollable debt, the easiest way to do it is not by ramping up your spending but by falling into the practice of paying only the minimum on your credit card each month.

Those minimums can seem like a bit of a gift in the beginning. Gee, I get to use all this money and only pay back a tiny part of it every month! Not so fast.

Typically minimum payments are between 1.5 and 2.5 per cent of your balance. Say you owe $5,000 on a credit card with a 19.5 per cent interest rate. The minimum payment at two per cent is $100. If you keep paying the minimum, after 25 years you will still owe $1,600 and will have forked over a staggering $14,673 in interest — nearly triple the amount you borrowed in the first place.

Take a look at the monthly math. Of the first $100, $81.25 goes to interest while only $18.75 is applied to your principal. So you still owe $4981.25 after one payment. The kicker is that these calculations assume you charge nothing further during this period. How many people are able to put away their credit card for 25 years?

There is some hope here. Double the monthly payment in the example to $200 and it will only take you 33 months to pay off the $5,000 with an interest cost of $1468. Much better.

The extra $100 has such a huge impact on the payout because it is applied directly to the balance. Of the $200, $81.25 goes to interest, with $118.75 applied to the balance.

Ratchet up your monthly payments to $300 and you cut the payout period to 20 months with the interest only $878.

The moral of the story; never pay only the minimum on your balance and upping the payment by even a small amount monthly will go a long way to getting the debt gone.

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Buying a house for investment

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I purchased a condo three years ago as an investment. Last week, my lawyer informed me that I would have to pay additional GST on closing. I am a little confused. — Michael

A With the help of a good lawyer, most new home purchases close without a hitch. Generally, owner-occupied home buyers have no further GST concerns. Financing arrangements are made based on purchase price and closing cost.

However, new home purchases for investment can be confusing for a novice. The same GST rules do not apply for investors. On closing, the purchase price must be re-calculated and the buyer usually pays additional GST. Prepare to pay a few thousand dollars extra on closing.

The investor has to do some tax follow up:

• The investor has two years after closing to apply for the GST rental rebate.

• Claim GST transitional rebate, if applicable.

• Report capital gain for the year property was sold. Fifty per cent is taxable.

• Check for capital losses in prior years.

• Report rental income when filing tax returns.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

On the web

Investing:

Allan Small discusses how the unemployment rate in the U.S. and Canada is an opportunity to buy into the markets. Visit metronews.ca/investing.

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The RBC site offers investors online tutorials on how to read stock quotes and how to buy mutual funds online.

One-click investing

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Direct investing online isn't just for day traders anymore — it can be a highly effective way to make your long-term investments work for you while saving a bundle on fees.

Jason Storsley, president and CEO of RBC Direct Investing, says the perception of online direct investing as a tool meant solely for quick-draw traders is a misconception when compared against the long list of refined tools it offers to long-term investors.

"While online direct investing is definitely well-suited towards active traders, increasingly it's being seen as a great place for long-term investments. It has evolved far beyond just a space for active traders," Storsley said.

RBC Direct Investing puts a slew of sophisticated research and management tools in the hands of investors, especially in the field of mutual funds — which Storsley says are often an ideal option for direct investors because they combine the self-guided decision making of direct investing with professionally vetted products.

"Mutual funds are key for investors interested in a diversified portfolio and for investors not interested in the micro-type decisions of which individual stock to buy, but rather in delegating to a professional to build an asset mix they're comfortable with," Storsley said.

Online tutorials through the RBC site (rbcroyalbank.com) complete with voiceovers will help you get up-to-speed on how to read stock quotes, how to use analysis tools and how to buy mutual funds online.

Whereas in the past, online brokers may have offered very rudimentary mutual fund options, direct investors with RBC have access to model portfolios, mutual fund packages already seeded with funds hand-picked by RBC and collected together based on their appropriateness to different investing goals. Each of the 19 different model portfolios is already diversified within itself and tailored to meet the needs of a particular type of investor.

"The experts at RBC have gone out with put together a basket of mutual funds, and they've done it for more conservative investors and more aggressive investors. We're trying to cater to investors regardless of how much time they want to invest," Storsley said.

For investors interested in doing their own legwork, RBC offers access to a wide swath of powerful tools, including independent research, performance indexes and analyses and a fully customizable search utility that allows investors to screen through the entire catalogue of available mutual funds to get find exactly the right mutual fund for each investor's particular needs. With more than 1,000 mutual funds to pick from, investors can screen using parameters such as price, performance and type to get a list of the top 10 choices appropriate for them based on their choices.

Series D mutual fund options by RBC offer funds with strong performance for fees usually half the industry average, another strong choice for self-directed investors.

Depending on your particular investment goals, Storsley says fixed-income products like government or corporate bonds might be a good choice if you want to minimize volatility in your portfolio, or you might be interested in taking bolder steps. It all depends on your own personal goals and investment desires — just like any traditional investor, a direct investor has to ultimately be aware of what feels right for him or herself.

"A successful investor first understands that investing is about managing risk before managing returns. Make sure you understand yourself and how much risk you're willing to handle," Storsley said.

Online tools

Advanced online tools at RBC make self-directed, long-term investing a great option for saving money on fees while guiding your investments yourself.

- **Have your pick of the litter:** Model portfolios, prescreened by RBC experts, can be an efficient and painless way to buy into an already-diversified portfolio of mutual funds that have a proven track record. RBC experts do the hard work; you pick the perfect fund.
- **Find the golden needle in the haystack with one click:** Despite the choice of more than 1,000 mutual funds, in seconds direct investors with RBC can screen down to just the five or 10 funds that make the most sense for themselves by screening funds through a wide range of criteria.
- **Get tuned up:** Spend a few minutes with an online tutorial at rbcroyalbank.com/oec and get a refresher on all things banking and investment related.

On the web

- For more on RBC Diret Investing, log on to rbcdirectinvesting.com.

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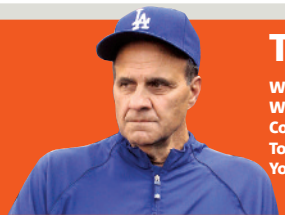
Fencing silver for Canada
Ottawa's Sherraine Schalm pushed her opponent to overtime before settling for a silver medal yesterday at the world fencing championships in Turkey. Lubov Shutova of Russia won gold. THE CANADIAN PRESS

Sports



Torre ties playoff record

When the Los Angeles Dodgers clinched the National League West title this season, manager Joe Torre, left, tied Bobby Cox's record of 14 straight playoff appearances by a manager. Torre reached the playoffs 12 consecutive times with the New York Yankees and now twice in two years with the Dodgers.
METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

USL final series starts Saturday

SOCCER The First Division series final between the United Soccer League's Montreal Impact and Vancouver Whitecaps will commence Saturday at Swangard Stadium.

The two-leg aggregate goal series shifts to Montreal for the decisive final match Oct. 17 at Saputo Stadium.

On Sunday evening the Impact advanced to the final for the first time since 2004 by eliminating the Puerto Rico Islanders 4-2 on total goals.

In the other semifinal, the Vancouver Whitecaps, the defending champions, won 5-4 on aggregate goals against the top-ranked Portland Timbers.

THE CANADIAN PRESS

Sports in brief

OLYMPICS The International Olympic committee may bar countries from hosting the Olympics, starting in 2018, if the countries don't have laws that empower police to raid and investigate people suspected of helping athletes to use performance-enhancing drugs
METRO NEWS SERVICES

Luongo lit up again

NHL RESULTS
Columbus 5 Vancouver 3

AT

The Columbus Blue Jackets scored three quick goals early in the second period for a 5-3 victory over Vancouver last night, spoiling the stumbling Canucks' NHL home opener.

Kristian Huselius, Rotislav Klesla and Nikita Filatov beat star Canucks goaltender Roberto Luongo in a span of three minutes 44 seconds.

The scoring spree snapped a 1-1 tie and sent Luongo, who signed a $64-million US, 12-year contract extension in the off-season, to the bench after making eight saves.

Luongo has been lit up for 11 goals in seven-plus periods so far this season.

It was the second win in as many games for Columbus, which opened its season at home Saturday with a 2-1 victory over Minnesota. It was also the first time in franchise history that Columbus, which made its first playoff appearance last spring, began an NHL campaign with back-to-back wins.

The Northwest Division champion Canucks, however, are 0-3 and off to their worst start in eight years.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Columbus Blue Jacket Jan Hejda and Vancouver Canuck Ryan Kesler collide last night in Vancouver. Columbus won 5-3.

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 2

Favre bests former team

NFL RESULTS
Green Bay 23 Minnesota 30

AT

Brett Favre proved to the Green Bay Packers he has plenty of fire left inside, and in his right arm.

Favre's first game against his former team was all fun for the Minnesota Vikings and all frustration for the Packers, as the greying quarterback connected for three touchdown passes and 271 yards in a 30-23 victory last night.

Favre went 24-for-31, without a turnover. He did an awkward body bump with kicker Ryan Longwell, also a former Packer, and stayed poised in the pocket all night.

"Lot of fun. It was a big win for us," Favre said. "We did what we had to do."

The Vikings (4-0) sacked Favre's replacement, Aaron Rodgers, eight times. Jared Allen was credited with four of them, a career high, including a safety in the fourth quarter that stretched the lead to 16.

THE ASSOCIATED PRESS

Jays' Hill wins comeback player award

BASEBALL Toronto Blue Jays second baseman Aaron Hill and St. Louis Cardinals ace Chris Carpenter are Major League Baseball's 2009 comeback players of the year.

Hill, 27, earned the American League honours after establishing career highs with 36 home runs, 108 RBIs, 195 hits and 103 runs.

He was also named to the all-star team in a remarkable recovery after missing all but 55 games in 2008 because of a concussion and related issues.

Carpenter, who was drafted and developed by the Blue Jays, bagged the National League honours by going 17-4 with a 2.24 ERA over 28 starts.

THE CANADIAN PRESS

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get in gear

Check out some of the latest in fitness attire and accessories

METRO NEWS SERVICE

Hills Pullover great for interval training or race day runs ($99). Visit lululemon.com.

New Balance Pink Ribbon Shoe (exclusive to Canada). Available at Running Room stores across Canada.

Part of the Lace Up for the Cure program. Visit newbalance.com/laceup

Cool Racerback made with mesh for maximum ventilation ($39). Visit lululemon.com.

The Nike+ SportBand gives runners real-time performance feedback on their distance, pace, time and calories burned ($79.95). Visit nikebiz.com.

Right: A nonslip sock created for yoga and Pilates that gives you the toe-wiggling freedom ($19). Left: Aluminum water bottle two-pack ($19.98, available in November). Visit gaiam.com.

The Empower Crop pant for running. Made with four-way stretch power for "no bounce" muscle support and quck drying capabilities ($86). Visit lululemon.com.

Weightlifting can help breast cancer survivors

STUDY Breast cancer survivors have been getting bad advice.

For decades, many doctors warned that lifting weights or even heavy groceries could cause painful arm swelling. New research shows that weight training actually helps prevent this problem.

"How many generations of women have been told to avoid lifting heavy objects?" Dr. Eric Winer, breast cancer chief at the Dana-Farber Cancer Center in Boston, lamented after seeing the surprising results of the new study. "Women who were doing the lifting actually had fewer arm problems because they had better muscle tone."

The study was led by Kathryn Schmitz, an exercise scientist at the University of Pennsylvania, and funded by the U.S. federal government.

More than 2.4 million Americans are breast cancer survivors, and the study could mean a big difference in their quality of life. Cancer treatment-related arm swelling now appears to be one of many ailments made better by exercise — not worse, Schmitz said.

THE ASSOCIATED PRESS

Try the side lean yoga pose

SIDE LEAN:

1. Come in to a comfortable cross-legged seat, with the right ankle in front of the left.
2. Take your hands on to the floor on either side of your hips, and then walk your hands slightly away from you to draw your shoulders away from your ears.
3. Lift through your lower belly and pelvic floor and then, on an inhale, reach your right arm up in to the air. Exhale and stretch over to the left, walking your left hand away from you until you feel a nice stretch down the right side of your body.
4. Keep lengthening both sides of the body as you breath for 10 breaths, trying to keep your right shoulder drawing down away from your right ear.
5. Inhale to come back to centre, and exhale your right hand back to the floor. Switch so that the left ankle is in front and repeat the side lean on the other side.

BY: YOGAMASTER KATRINA REPKA, KATRINAREPKA.COM

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The J Spot
Josey Vogels
metronews.ca/thejspot

THE ASSOCIATED PRESS FILE PHOTO

It seems that ever since the Bill Clinton and Monica Lewinsky (pictured) scandal, the public has had a thirst for news stories about the private lives of public figures.

"For some reason, the Clinton/Lewinsky affair really set us off and opened up the debate."

That the audience reacted with applause and laughter to David Letterman's recent confessions of infidelity would indicate that cheating is not only expected but acceptable, especially among the rich, famous and powerful.

In fact, it's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt.

This is a good thing. Not because I condone cheating. In fact, c'mon David, affairs with female employees half your age? Really? But frankly, it's none of my business. Or any of ours.

And the more we realize this, the better off we'll be. If the North American public becomes increasingly nonchalant about the indiscretions of our celebrities and politicians, we can spend our energy focusing on stuff that really matters, like, oh, I don't know, saving the planet? Ending world hunger?

We should probably thank Bill Clinton. It seems to me that before Bill, Monica and "the blue dress," we hardly ever saw news stories about the private lives of our public figures. And it's not as if Bill Clinton invented infidelity. Celebrities and politicians have been cheating throughout history.

But, for some reason, the Clinton/Lewinsky affair really set us off and opened up the debate. It got the whole country talking about cultural attitudes when it comes to public figures and their personal affairs. There were endless debates over whether his private sexual affairs should have had any bearing on his ability to run a country.

We also discovered that, across the pond, they couldn't figure out what all the fuss was about. Heck, over in France, the mistresses of their politicians openly attend funerals right alongside the wives. So why were our knickers in such a twist?

But Pandora's Box had been opened and the thirst for sexual scandal seemed unquenchable. The Bill and Monica media frenzy ushered in a new era of digging into the private affairs of our public figures. In the last few years, it seemed you couldn't turn over a politician or a celebrity without finding a sex scandal buried underneath. But, with each new scandal, public reaction is increasingly more shoulder shrug than shock.

The less the public cares, the less the media cares. And the less the media cares, the greater the chance we'll get to read about something more useful to the world than what is written in Stephanie Birkitt's diary.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Monique lives in Quebec City and works in the health sector. She was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"My name is Monique and I work night shifts in the health care sector five days a week. It's a hard schedule, and it made me gain a lot of weight - about 25 pounds."

My pharmacy recommended Apple Cider 600™!

"Even though I exercised a lot, I could never lose the weight. Especially my legs felt very heavy. It was frustrating! At my local pharmacy I spoke to the naturopath, and he advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I lost 16 pounds in 6 weeks!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs, just by taking the tablets. The best part is that I finally lost weight from my legs – lots of weight! I didn't exercise while taking Apple Cider 600*, but I was careful not to eat unhealthy snacks and I did drink a lot of water, as recommended. My body truly transformed itself. I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

- Monique, QC

Water retention makes you bloat!!

Weight loss is not only about increasing metabolism to burn fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles look and feel heavy, pants fit tighter and your bra may become uncomfortably snug.

What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctor's say, because of the rise and fall of hormone levels.

So how can Apple Cider 600 help?

Apple Cider 600 is an effective formula of three herbs and plant extracts, designed to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism, balance digestion and alleviate stomach disorders. Globe artichoke stimulates your bodies detox process and dandelion is a strong diuretic, which for decades was used to eliminate retained fluids, commonly stored among the fat cells and soft tissue.

Apple Cider 600 has been developed by New Nordic, a Scandinavian manufacturer of high quality natural products. Apple Cider 600 is available at participating pharmacies and stores: Participating Shoppers Drug Mart, London Drugs, Wal-Mart, Zellers, Alive, GNC, Thrifty's and other health food stores and pharmacies.

For more information, please visit www.newnordic.ca or call 1 800 261 4223.

**For best results, New Nordic recommends exercising as a part of healthy leaving.*
The testimonial above is one user's personal experience.

What to do with leftover wine?

Toss pasta with grated Parmesan cheese, butter and fresh herbs, then add a splash of white wine. The wine will give a pleasant acidity to balance the other flavours. Onions can be caramelized in a bit of butter, red wine, salt and pepper, then used as a topping for pizza. THE CANADIAN PRESS

Food

If you want to get creative with your bird this Thanksgiving, visit TurkeyFarmersOfCanada.ca and click on Recipes on the main page.

Lots to savour

You'll find tips for a traditional turkey roast and stuffing but also for infusions and rubs, deep-fried turkey, turkey scallopini and many ideas for leftovers.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Tender sirloin, kiwi ice

Broiled Sirloin

MAKES 10 PIECES

Broiled Sirloin

INGREDIENTS:

- 3 lbs (1.5 kg) sirloin or round steak (about 1 in./1.5 cm thick)
- 1 medium onion, chopped
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) vegetable oil
- 1 tsp (5 ml) garlic salt
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) celery salt
- 1/2 tsp (2 ml) pepper
- 2 tbsp (25 ml) butter, melted

METHOD:

1. With meat fork, pierce holes in both sides of steak. Place in large resealable plastic bag. Combine onion, lemon juice, oil, garlic salt, thyme, oregano, celery salt and pepper; pour over meat. Seal bag and turn to coat; refrigerate at least 1 hour, but preferably 6 hours or overnight.

2. Drain and discard marinade. Broil steak 6 in. (15 cm) from heat 8 minutes. Brush with butter and turn. Broil 6 minutes longer or until meat reaches desired doneness (for medium-rare, meat thermometer should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Use leftovers for lunches or cut into salad the next day.

Kiwi Ice

SERVES 8

INGREDIENTS:

- 2 cups (500 ml) unsweetened apple juice
- 1 tbsp (15 ml) lemon juice
- 4 medium kiwi fruit, peeled and sliced
- Sugar substitute equal to 6 tsp (30 ml) sugar
- 1/2 tsp (2 ml) grated orange peel
- Sliced orange and additional kiwi fruit, optional

METHOD:

1. In blender, combine juices and kiwi; cover and process just until smooth. Add sugar substitute and orange peel. Pour mixture into an ungreased 8-in. (20 cm) square dish.

2. Cover and freeze 1-1/2 to 2 hours or until partially set. Spoon into large mixing bowl; beat on medium speed 1-1/2 minutes. Return to pan; freeze 2-3 hours or until firm.

3. Let stand 10 minutes before serving. Spoon into small bowls; garnish with orange and additional kiwi if desired.

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Thanks-sipping

Not only is Thanksgiving an excellent wine pairing holiday, it gives me a chance to reflect on the many good things in my life (health, happiness, tickets to Chris Botti in New York this December) while my wife cooks dinner.

Now before all you ladies start with the emails, trust me, if I were cooking the turkey, the only thing we'd be thankful for is an available table at a nearby restaurant. My job is to choose the booze, and in that regard, you may be surprised to learn that the big bird can be pretty accommodating.

I favour a lightly oaked New World white like **Lindemans' 2007 Bin 65 Chardonnay ($10.95 - $12.99)** from Australia. It's consistently good, with up-front fruit and a buttery flow that will massage the meat and work with the eclectic mix of side dishes.

In reds, something fruity and balanced like New Zealand's **2008 Kim Crawford Marlborough Pinot Noir ($19.95 - $24.99)** will more than hold its own at your family feast. A mid-priced Chianti from Italy's Tuscany region would be an inspired alternative.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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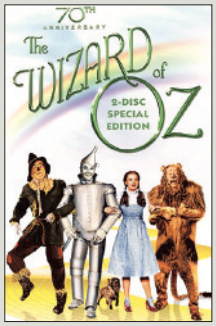
Performing at the CMA Awards
Taylor Swift, Kenny Chesney, Carrie Underwood, Brad Paisley and Keith Urban will be among the performers at the 43rd Annual CMA Awards show, it has been announced. PEOPLE.COM

Entertainment

Big proposal
Sex and the City star Chris Noth and his longtime girlfriend, actress Tara Wilson, are engaged, Entertainment Tonight Canada is reporting.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



The Wizard of Oz: 70th Anniversary Ultimate Collector's Edition

Director: Victor Fleming

IS IT POSSIBLE to say "overkill" and "must have" in the same breath?

It is if you're talking about The Wizard of Oz, the immortal film classic that continues to shine brighter than the yellow brick road — especially in the Blu-ray version, one of several options available for Oz fans.

Is it necessary to have the hours of supplementary material, including two early silent Oz films, repros of archival booklets and press materials and historical backgrounders? No, but it's a great way to while away a Sunday afternoon or three.

Do Dorothy, Tin Man, Scarecrow, Cowardly Lion (and Toto, too!) look better with their latest digital scrubbing? Yes and no —the film is brighter and more colourful than ever, but you'll likely notice the grain, especially in the sepia-toned early section.

You really can't go wrong, especially if you're thinking of this set as a present for an upcoming event that even the Wicked Witch wouldn't dare name this early.

The only question is, why is there a "collectible and numbered" wristwatch included? Do time pieces have anything to do with The Wizard of Oz? Isn't that more Alice in Wonderland?

Peter Howell
/for Metro Canada

Anvil finally scores a hit

KEITH CARMAN
for Metro Canada

There's a rags-to-riches story permeating North American cinemas. Unlike typical films of such a nature though, this one doesn't involve princesses or evil step-mothers. This one isn't even fiction.

It's the factual story of two Toronto-based men and the commitment to their band — heavy metal outfit Anvil. Initially garnering success in the early-'80s and becoming a household name, over the years, a series of career missteps saw guitarist/vocalist Steve "Lips" Kudlow and drummer Robb Reiner slip from heroes to forgotten soldiers. Still, they refused to stop, releasing album after album and gigging constantly thanks to a pact they made as teenage boys: Never give up.

Surprisingly, that mentality has done them a great service after decades of nothing. One Anvil fan by the name of Sacha Gervasi grew up and became a Hollywood mogul, siring Ginger Spice's child and co-writing The Terminal with Tom Hanks. On a whim, he looked up his old buddies.

The end result was a feature film, Anvil! The Story Of Anvil, which has created a whirlwind of praise, publicity and promotion, making Kudlow, Reiner and bassist Glenn Five a powerful force once again. In essence, Anvil is back. Kudlow, 52, reels at having his lifelong dream come true.

"My whole life has been fighting for something," he notes with humility. "We've always been known to a certain level and occasionally someone comes up to say, 'Hey, you're the guys from Anvil,' but now it's ridiculous. Six weeks ago, I could have gone to New York and no one would have known who I am. Now, anywhere I go, everyone knows who I am. That is really weird."

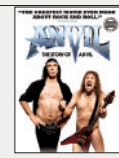
To top it all off, their previously ignored 13th studio effort This Is Thirteen finally received a proper worldwide release via VH1 Classic Records and the band — once struggling for gigs in outer Etobicoke — will have the honour of appearing on The Tonight Show with Conan O'Brien tonight, coinciding with Anvil! The Story Of Anvil's DVD release. Yet despite years of hardship, Kudlow refuses to see this fortune as deserved.

"It's just a celebration for having stuck to our guns over all those years; like I've been working for decades and never got paid but I'm finally getting my bank book," he declares.

Anvil will appear on The Tonight Show with Conan O'Brien tonight.

Anvil on DVD

• Anvil! The Story of Anvil is now available on DVD.



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primetime 10/6/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica "Mamma Mia" (N)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Canada Top 8. (CC)				Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "The Inside Man" (N)		NCIS: Los Angeles "Predator"		The Good Wife "Home" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Monk (CC)		So You Think You Can Dance		Dancing With the Stars (CC)		A News (N)
	253	359	13 CITY	Hell's Kitchen (N) (CC)		The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 (N) (CC)		Melrose Place "Canon" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "The Inside Man" (N)		NCIS: Los Angeles "Predator"		The Good Wife "Home" (N)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
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	-	-	26 KVOS	M*A*S*H	Seinfeld	Paulie ★★ (1998, Comedy) Gena Rowlands, Tony Shalhoub.				Cheers (CC)	Cheers (CC)	Seinfeld
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova "Darwin's Darkest Hour" (N) (CC) (DVS)				Blood Detectives		P.O.V. (CC)
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (CC)		So You Think You Can Dance		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Living With Fragile X (CC)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Darwin's Darkest Hour"	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Profits
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Canon" (N)		KTLA Prime News (CC)		Friends (CC)
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news	502	390	23 NW	CBC News: the fifth estate		CBC News: The National		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Over the Bolts	Canucks TV	Hockey	The Ultimate Fighter		MMA Conn	Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	2009 World Series of Poker		E:60 (CC)		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		First Australians (N) (CC)		God Grew Tired of Us ★★★ (2006) (CC)			Recreat. Eden	Prince of Pot
	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	MuchNews	Jonas	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	31 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	The First 48 "Devil's Candy"		Parking Wars	Parking Wars	Parking Wars
	628	584	42 SPKE	DEA "Marijuana Grow House"		Surviving Disaster (N)		DEA		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	44 TLC	Child Frozen in Time (CC)		Cake Boss	Cake Boss	20 Years, 20 Duggars		Child Frozen in Time (CC)		Ultimate Cake
	616	522	46 SHO	The Outer Limits "Abduction"		A Sister's Secret (2009) Alexandra Paul, Cynthia Preston. (CC)				Bones "Titan on the Tracks"		NCIS "Toxic"
	620	523	40 BVO	(6:00) Callas Assoluta ★★		Law & Order "Knock Off"		Without a Trace "Skeletons"		A Pornographic Affair ★★★ (1999) (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	American Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	American Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Fringe "Fracture" (N) (CC)		InnerSpace	Stargate SG-1 "Brief Candle"		Star Trek: Next Gener.		Star Trek: Voyager "Drive"	
	294	650	47 TBS	The Office	The Office	The Office	The Office	Seinfeld	Sex and-City	In the Army Now ★★ (1994) Pauly Shore.		
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Iron Chef America (N) (CC)			Moments	Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	Bachelor	Analyze This ★★★ (1999, Comedy) Robert De Niro, Billy Crystal. (CC)					Mad Men "Souvenir" (CC)		No Way Out
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:20) Emotional Arithmetic		P.S. I Love You ★★ (2007) Hilary Swank, Gerard Butler. (CC)				(:10) Definitely, Maybe ★★★ (2008) (CC)		
	581	566	101 MTV	The Hills (N)	After	MTV Live	After	Disaster Date	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		Moll Flanders ★★★ (1996, Drama) Robin Wright, Morgan Freeman.				
	-	-	105 MUL	Banquet	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Biggest Loser
One contestant is frustrated after being sidelined due to a medical condition. Banned from the kitchen, the contestants learn how to make healthy choices when eating out, and one team snags a terrific prize in a pop challenge about calories. The contestants take part in a difficult challenge that tests their endurance before weigh-in. Bob Harper and Jillian Michaels are the trainers. 8 PM on NBC, CITY

the forgotten
Football may be dangerous, but it's seldom deadly. In this new episode, however, a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football. Heather Stephens, Anthony Carrigan and Rochelle Aytes also star in "Football John." 10:01 PM on ABC

Kim racks up frequent flyer miles

Kim Kardashian cheered for her on-again beau Reggie Bush at Sunday's New Orleans Saints game. The reality star, 28, flew to New Orleans early Sunday morning for the second time since Khloe Kardashian's Sept. 27 wedding, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

John Cleese is polling the public about his living situation, Demi Lovato tries to wear herself out and Miley Cyrus is up-to-date on the hot movie news from 12 years ago.

• @JohnCleese
...another one tonight. I'm still deciding whether to kill myself on my birthday, and might take a vote on it (no press allowed)...

• @ddlovato
Can't sleep... so I'm doing crunches and pushups till I'm tired again. Blah.. who gets up in the middle of the night to workout?!?!

• @mileycyrus
Titanic is a trending topic. As it very well should be. That movie is PURE GENIUS. Plus I'm just saying Leo is scrumptious!

Katy Perry getting lucky in love

SHE KISSED A BOY It looks like Katy Perry may be becoming more than just friends with Russell Brand. The singer was spotted looking disheveled and camera-shy leaving Brand's London home one morning recently, according to Sky Showbiz.

And the pair were both recently in Thailand, where Perry hinted that she was spending time with the comedian. "Been schooled on Morrissey, Oscar Wilde and Peter Sellers," she posted on Twitter, name-checking three of Brand's idols.

METRO NEWS SERVICES

Is Rimes going all Single White Female?

POTENTIALLY CREEPY Brandi Glanville says her estranged husband's girlfriend LeAnn Rimes is a little too close for comfort, usmagazine.com reports.

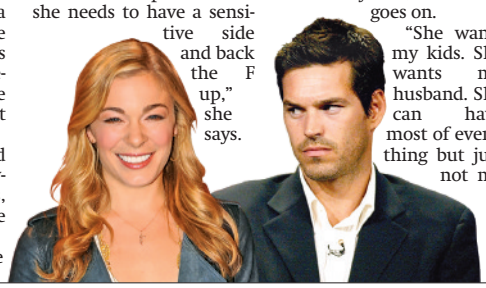
"I have a new neighbour and her name is LeAnn Rimes. She's moved in a half a mile from my house and a block from my son's school. So she is completely space invading me at the moment, so things are not cool," Glanville, 36, said.

Us Weekly first reported Eddie Cibrian, 36, was having an affair with Rimes, 27, his Lifetime movie costar.

Cibrian filed for divorce in August, the same month Rimes and husband Dean Sheremet announced their separation.

Glanville says her run-ins with Rimes in Calabasas, Calif. are "not pleasant."

"There is a point where she needs to have a sensitive side and back the F up," she says.



Glanville says she even spotted Rimes in front of her six-year-old son Mason's school as she picked him up.

"Honestly, she's Single White Female-ing me. She wants my life," Glanville goes on.

"She wants my kids. She wants my husband. She can have most of everything but just not my children or my family."

Glanville — who is also mom to two-year-old son Jake with Cibrian — says her kids "have no idea" that her parents are feuding. The kids are "used to daddy being gone for work, so it's not a huge transition," she explains.

Despite no hope of an amicable divorce, as she says, she tries to maintain the peace with Cibrian in front of their children.

"We definitely save face to the kids, absolutely," she says. "They're the most important thing in both of our lives."

METRO NEWS SERVICES

Curvy Hudson not preggers

NO BABY Kate Hudson has laughed off reports she is expecting a baby with baseball boyfriend Alex Rodriguez, female-first.co.uk reports.

The actress has been dating the Yankees ace since November.

Hudson sparked rumours she is pregnant with her second child earlier this week, when she was seen looking curvier than usual in Malibu, California.

But her representative has shot down claims she is expecting again, telling website GossipCop, "She is not pregnant."

METRO NEWS SERVICES

Letterman sorry for hurting his wife

APOLOGY David Letterman apologized to his wife on Monday's Late Show, saying she had been "horribly hurt by my behaviour."

The late-night host vowed to repair his relationship with his wife, Regina Lasko.

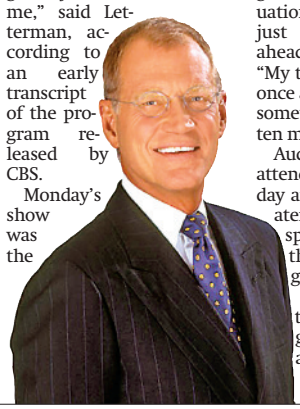
"Let me tell you folks, I got my work cut out for me," said Letterman, according to an early transcript of the program released by CBS.

Monday's show was the first Letterman taped since Thursday, when he disclosed that he had had sexual relationships with women who worked for him, and that he had been the victim of an alleged $2 million US blackmail threat.

Letterman also apologized to his staff for the situation. "Inadvertently, I just wasn't thinking ahead," Letterman said. "My thanks to the staff for, once again, putting up with something stupid I've gotten myself involved in."

Audience members who attended the taping Monday at the Ed Sullivan Theater said Letterman spoke frequently throughout the program about the events.

He also joked about the situation with guests Steve Martin and Martin Short.



THE ASSOCIATED PRESS

Mom won't let Elton adopt kid

CAN'T BE BOUGHT Elton John now faces yet another obstacle in his quest to adopt Lev, a Ukrainian baby he met at an orphanage and fell in love with: The baby's mother.

"I will not give my baby to Elton John for any money," the woman, Marina, tells the Sun.

Marina had both her children taken away by social workers because of her alcoholism, but she is now vowing to change her ways. "I'm going to overcome my problems. I so much want my babies back," she says.

METRO NEWS SERVICES

Kevin Smith wants kids to smoke weed

JUST SAY YES Kevin Smith says he has become an eager advocate for marijuana ever since Seth Rogen convinced him last summer to smoke it more often, the director admits to the New York Post.

"I know you're supposed to tell kids not to do drugs, but, kids, do it! Do weed! Don't do the other stuff, but weed is good," Smith says. "What you want to do is what I did, build a movie empire and, at age 38, smoke it all away."

METRO NEWS SERVICES

"All I have to teach you is one word- everything."
ACT 2 ; SCENE 3

the miracle worker
By WILLIAM GIBSON
OCT. 10 – 31, 2009
DIRECTED BY MEG ROE

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Wednesday Sunny 14° / 6°
Thursday Sunny 13° / 6°

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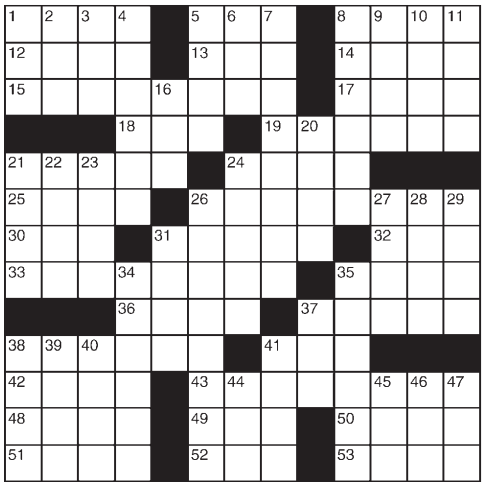
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Easter entree
5 Help
8 Related (to)
12 Hodgepodge
13 Lanka preceder
14 Obey reveille
15 Inexperienced boxers
17 Unfreeze
18 Possesses
19 Barrel parts
21 Haunt
24 Burden
25 Poi base
26 Easy to perceive
30 Eco-friendly org.
31 Breathing
32 Squabble
33 Ease
35 Rescue
36 Pseudo-cultured
37 Tribe leader
38 "Give a hoot, don't pollute" owl
41 Calendar abbr.
42 Eager
43 Discussions
48 Sandwich shop
49 Handle
50 Send forth
51 Gaelic
52 Hot tub
53 Red gem

DOWN

1 Prune
2 Carte lead-in
3 Wire measure
4 Sobbing sound
5 Requests
6 Savings plan acronym
7 Liquefy
8 Fleet
9 Chicken —
10 Wight, e.g.
11 Volleyball barriers
16 Erstwhile acorn
20 Recording
21 Minimal progress
22 Hemingway nickname
23 Exam format
24 Nonclergy
26 Odd-looking animal
27 Actor Pitt
28 Cupid's field
29 Ornamental jug
31 Ostentatious display
34 Young Scot
35 Thin piece broken off
37 Historic time
38 Test the waters
39 Finished
40 Masseuse's stock
41 Dog bane
44 Cleo's slayer
45 Ostrich's cousin
46 Eve, originally
47 Pigpen

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4	3		9					
		1		6		9		
			2					8
	6				8		2	
8			1		5			3
	2		6				5	
7					2			
		5		7		1		
					1		3	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	T	■	H	O	B	B	Y	■	S	A	D		
U	S	E	■	O	D	I	L	E	■	H	O	E		
S	H	E	B	O	Y	G	A	N	■	E	N	E		
■	■	■	O	K	S	■	S	N	I	P	E	R		
C	A	S	T	E	S	■	T	E	C	H	■	■		
H	U	H	■	D	E	W	■	D	E	E	M	S		
A	R	E	S	■	Y	A	M	■	D	R	O	P		
D	A	T	E	D	■	G	A	B	■	D	N	A		
■	■	L	E	A	N	■	T	U	C	S	O	N		
D	E	A	R	M	E	■	I	T	O	■	■	■		
O	W	N	■	S	H	E	L	L	G	A	M	E		
R	E	D	■	E	R	O	D	E	■	F	O	G		
M	R	S	■	L	U	N	A	R	■	T	W	O		

2	5	8	4	6	7	3	1	9
3	6	4	2	9	1	8	7	5
1	7	9	3	5	8	4	6	2
8	2	5	7	1	6	9	4	3
9	3	7	8	2	4	6	5	1
4	1	6	9	3	5	2	8	7
7	8	2	1	4	3	5	9	6
6	9	1	5	8	2	7	3	4
5	4	3	6	7	9	1	2	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pepper-crusted Pork Tenderloin

INGREDIENTS:

2 pork tenderloins (3/4 lb/375 g each)
3 tbsp (45 ml) Dijon mustard
1 tbsp (15 ml) 1% buttermilk
2 tsp (10 ml) minced fresh thyme
1 to 2 tsp (10 ml) coarsely ground pepper
1/4 tsp (1 ml) salt
2/3 cup (150 ml) soft bread crumbs

METHOD:

1. Place tenderloins side by side and tie together with kitchen string. In small bowl, combine mustard, buttermilk, thyme, pepper and salt; spread over surface of meat. Press crumbs onto meat.
2. Place on rack in shallow roasting pan. Cover and bake at 425 F (220 C) 15 minutes. Uncover; bake 35-40 minutes longer or until meat thermometer reads 160 F (71 C). Let stand 10 minutes. Remove string before slicing.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
What happens today may look like a setback but only because you are standing too close and cannot see the bigger picture.

TAURUS
APRIL 21-MAY 21
You seem to be going round in circles and it's making your head spin. Put your plans on hold for a while, sit back and watch the world go by.

GEMINI
MAY 22-JUNE 21
With the Sun moving in your favor this is one of the best times of the year for satisfying your romantic desires and creative ambitions.

CANCER
JUNE 22-JULY 22
You may be tempted to start telling those around you what they should do and how they should do it, but think again.

LEO
JULY 23-AUG 23
There may be a great deal to do and only a limited amount of time in which to do it but you will accomplish more in the long-term if you slow down.

VIRGO
AUG 24-SEPT 22
Your money situation may not be as healthy or as bad as you might think, so resist the urge to make far-reaching decisions about what you own.

LIBRA
SEPT 23-OCT 23
Your timing is a bit off at the moment, but there is no need to worry because you'll make up for it when Mercury joins the Sun in your sign.

SCORPIO
OCT 24-NOV 22
Take time out of your busy schedule to analyze what you are doing and why you are doing it.

SAGITTARIUS
NOV 23-DEC 21
The Sun in Libra makes you more idealistic than usual and that's good because other aspects suggest you are getting bored with your everyday routine.

CAPRICORN
DEC 22-JAN 20
Speak and act as if all eyes are on you today, because someone you don't realize is important is in fact watching you closely.

AQUARIUS
JAN 21-FEB 18
With the Sun transiting the sympathetic sign of Libra at the moment there is precious little that you cannot do.

PISCES
FEB 19-MARCH 20
You will prove your critics wrong and show that you can think and act under pressure. But don't spend all your time and energy doing things just to impress.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

This day in history

OCT. 6, 1966: LSD is declared illegal in the United States.
OCT. 6, 1973: Egypt launches a coordinated attack against Israel to reclaim land lost in the Six Day War. The Ramadan War Yom Kippur War starts at 2:05 pm that day.
OCT. 6, 1979: Pope John Paul II becomes the first pontiff to visit the White House.
OCT. 6, 1995: 51 Pegasi is discovered to be the first major star apart from the Sun to have a planet (and extrasolar planet) orbiting around it.
OCT. 6, 2000: Yugoslav president Slobodan Milošević resigns.
OCT. 6, 2000: Argentine vice president Carlos Álvarez resigns.

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Los Cabos
Barceló Los Cabos
Palace Deluxe • 5★
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$1159
Taxes & other fees (including service charges): $266

Varadero
Sirenis La Salina
Varadero • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1549
Taxes & other fees (including service charges): $212

Honolulu
Aston Waikiki Circle • 2 1/2★
Hotel rm. city view
Nov. 2, 4, 9 & 15 • 1 wk.
$669
Taxes & other fees (including service charges): $135

Cancun / Riviera Maya
Gran Bahia
Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 9 • 1 wk.
$1459
Taxes & other fees (including service charges): $245

Jamaica
Sunset Jamaica Grande
Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1999
Taxes & other fees (including service charges): $256

Puerto Vallarta
Canto Del Sol
Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 14 - 28 • 1 wk.
$739
Taxes & other fees (including service charges): $265

Gran Bahia
Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 9 • 1 wk.
$1509
Taxes & other fees (including service charges): $245

Gran Bahia Principe
Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$2189
Taxes & other fees (including service charges): $256

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Taxes & other fees (including service charges): $256

Varadero
Sandals Royal Hicacos
Resort & Spa • 4 1/2★
All-Inclusive
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$1769
Taxes & other fees (including service charges): $212

DEAL to EUROPE

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$827
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